OF INTEREST TO THE WOMEN

FROM WOMAN'S POINT OF VIEW

a system and worked unceasingly. He deplored haphazard methods by which

I asked nor a moderate success might point be achieved by a woman who ran across an opportunity to open or buy out a small shop and he replied that the woman thus blessed by fate had nothing harder to do than study the wants of her public to the study the wants of her public than study the wants of her public to the study the study the study the study the study that the close of the nineteenth century there had been a marked change. The American girl pictured by Gibson and written about by Davis and others had made her bow, or rather extended to do than study the wants of her public, the people who would be likely to buy her stock, and see that they are walst. Her hair was bronzed by the sunsupplied, as far as is compatible with light, and hatless and without a parasol her business interests. "It never pays to carry stock a large part of which is likely to be left on hand," he said, "for it occupies valuable space and does the divine plan for woman consummated." not improve with age. Bargain sales Now we notice with alarm that she has have been found to be the best means of fled. Will she make another fin du siecle some small margin of profit."

Bargain sales in small stores are a sense. They have also added something fect grace, remain only on a few posters? to profits because they are not all honest. So it seems. bargains. Unscrupulous dealers take About five years ago she began to dwin-advantage of the feminine craze for bar-The thrifty woman spends her money where she gets full value and buys bar-gains only when they fit her needs and are worth the price asked for thm.

A system of bookkeeping is absolutely necessary to any business, even that of loss of woman from the population. men's families lived. "That is a problem am not qualified to solve," replied his wife, "but I know that the wife must do her own work. In that she avoids the many little leaks in households like ours, for maids and furnace men are not going to try to save fuel or avoid waste of

"You remember that drawerful of burned bread and cake we found after have suffered in silence long enough.

Our Scotch cook left? That is a sample A few comfortable, pillowy we vision is lax. It is to be regretted that the vanishing germ, and we can only we must submit to waste of that kind, conclude that they have some time done give up my salary and stay in the

From the Globe and Commercial Advertiser

crease their capacity and elasticity are facialshould be drawn through the nose.

The following exercises are valuable: Slowly raise the arms from the sides, until they meet above the head, breathing deeply. Breathe out while slowly

Raise the arms in front; carry them as far back as possible; then down. Breathe

Slowly rise upon the toes, breathing

Extend the arms in front, carry one

leg back as far as possible.

Lie on the back; raise the arms back-

People with plenty of lung capacity capacity is interfered with by corsets are much more apt to faint in close ill-ventilated rooms than men: Persons accustomed to active physical exercise have so they are not only less liable to contract disease, but better able to throw it off should they be afflicted.

FOUND ON HATS.

From the Philadelphia Bulletin. Enormous pale yellow irises, six of ings!

pheasant as anything else.

them, encircling a crown. Bows, made as ribbon bows are made, large in size and formed of plumage From Fliegende Blatter,

Wings dotted with jet and others jetted Student-Yes; and it has cost me many solidly half way up. Big white fluffy owls with round black

Very beautiful and varied assortments of autumn leaves, green, and brown, and

A Jekyll-Hyde kind of wings, deep purple on one side and green on the other. Enough beautiful Bird-of-Paradise plumage to assure its popularity in the more expensive hats of the coming season.

A notable amount of yellow, particu larly the combination of soft yellow lib-Really exquisite gold and silver wheat ears and shimmering gold roses, perfect

Fannie M. Farmer, in Woman's Home Companion, This is a tried and tested Dixle recipe for "near-possum." Into a pound slice of pork steak place a stuffing made as follows: Boil and peel two good-sized sweet potatoes, press through a colander, zeason with two tablespoonfuls of brown sugar, the same quantity of dark molasses, and mix in one egg. The steak can be held around the stuffing with threads. Rub salt and pepper over completed "'possum," and place in a baking-pant with one pint of water. Bake for one hour and fifteen minutes, basting frequently. Remove the threads, and serve on a platter garnished with small baked apples.

Where Ignorance Is Bliss.

From Harper's. When the United States fleet entered Asiatic waters during the famous roundthe-world voyage a cruiser was sent ahead to a Chinese port upon official business connected with the cruise. Upon arrival the ship's officers were invited to dine by a Chinese mandarin, and during the meal one of the officers wished a second help-ing of a certain sayory dish which he supposed was duck. Not knowing a word Chinese, he therefore extended his empty plate, remarking with smiling ap-

"Quack! Quack!" But the officer's appetite failed him sud-denly as his host, with a twinkle of slant Celestian eyes, shook his head with the simple but horrifying response; "Bow! wow! wow!"

ARE WOMEN DISAPPEARING? HERE'S A NOTE OF WARNING

From the Chicago Record-Herald. To one business success there are a It is a well-known fact that many forms thousand failures, a man once told me, of writing and also many manifestations and he was in a position to know, hav- of nature follow the form of an arch, ing made a hansome living by acquiring ascending to a climax, then descending business news and making it public. The in the same manner. Woman in her great successes could be counted, he affirmed, and the moderately successful this same feat. The women of the early were men who allowed no other interests nineteenth century and of the commenceto clash with business, who worked by ment of the Victorian period were frail, languishing creatures with curls and tiny the great majority are trying to make waists, given to eating chalk and slate pencils to keep pale and drinking vinegar to counteract any tendency to embon

securing room, and most of them have appearance, or will she remain only a memory of sweet, fair woman with windblown hair guiltless of rats, pugs, or ruf-fers? Will her rain-kissed, rosy cheeks, recently established institution, and I that feared neither snow nor hall on acventure to say that they have done a eyes no more? Shall her beautiful figure, good bit toward sharpening the business built on the lines of true health and per-

gains and get rid of stock at prices ningly erect figure took on kangaroo higher than the original marking, but level-headed women are not the victims. all else in her ambition. Then the diminution became rapid. Bust and hips promptly disappeared, followed quickly by all the curves of the back. This would seem a subject for national or world-wide weeping and for prayers in concert to avert the threatening calamity of the

running a house. A man whose wife cannot watch all the little details of her one-time idol. Can it be that mankind home because she has work more con-genial, and much more remunerative, union to offset the suffrage movement looked over his monthly bills a few and that along new thought lines they weeks ago, and wondered how working- are causing woman to disappear? Courtesy would forbid their expressing such a wish. But "the worm will turn!" The rights of woman have been dis-

cussed ad nauseam and the rights of children have reached a point where a society for the prevention of cruelty to parents is a crying need. Yet never has writer's pen dwelt on the rights of men. The writer of this article is impelled to follow it up with a brochure or a fullfledged book on men's rights, for they of what goes on in homes where super- seem to have escaped this infection of but it would not be economy for me to give up my salary and stay in the exempt class in this world-wide mental to Accentuate Youthfulness. treatment for the obliteration of woman. From the New York Evening Telegram. kitchen, would it?" Of course, his business sense saw the wisdom of her present course and the leaks are still working.

BETTY BRADEEN.

The obliteration of woman. From the New York Evening Telegram.

The debutante is a great advocate of the colored tweed coat, the rich, warm that would swell no shades being very becoming to her fresh, more estate, and she has had such such such as the same of the colored tweed coat, the rich, warm the colored

THAT COLD BATH.

From the Chicago Record-Herald.

morning," said an eminent specialist the other day, "is that so many of its votarward over the head, while breathing that they cannot, and do not, enjoy it. ies declare that they enjoy it. I contend

"Contemplate, some broiling August can stand even bad air without suffering. fairly revels in the cold bath on winter ferenoon, the man who tells you that he mornings as he gingerly steers his bare feet through the ripples that are lazily lapping the beach at a seaside resort and believe in him and trust him if you can. "Watch him advance as if he were go-

ing to meet his doom, hesitate, glance himself slowly, reluctantly, inch by inch. Suddenly he remembers that he must wet his head if he would avoid a chill, and he pauses to shampoo his hair in the sad waves-this hero of a thousand frigid baths on a thousand frozen morn-

Doubtless.

which looks as much like the breast of a Mother (to son, a student)-My, Emil! how fat you have grown. sleepless nights, too.

RULED PROSPEROUS MAHATMA INSTITUTE.



MISS LILLIAN H. FRENCH, Friend of Diss De Bar.

HIGH COLORS FAVORED.

to Accentuate Youthfulness.

natural guise for long coats is extraordi-

Almost the only fur that has not shared the general revival in peltry fashions is the gray Persian lamb. It is a charming desires many changes of attire for herself fur, and one is glad to welcome its reinstallation among the list of smart peltries be a source of expense or a heavy tax on under the name of Krimmer lamb. A her physical strength if she does the long wrap of this, lined with pale gray leather, makes one confident of the success of an effort to arouse our interest found the see shoreward longingly, retreat, immersing has one great advantage over most of bimself slowly, reluctantly, inch by inch the gray furs, in that, as far as I know, it does not fade. It is also most becom
A cotton crepe waist may

> with a dark sable, and is, in fact, almost exactly the same shade. It was used recently with excellent effect as a lining white or white with a colored stripe will to a man's cloth coat.

BETTY BRADEEN.

A FEW HEALTH HINTS.

The summer of all directions. Her color shames the sunset on a July evening and may be procured in either dawn or sunset effects, with lip and eyebrow trimmings, at any facial disfigurement shop.

Whether this overwhelming disaster.

Whether this overwhelming disaster.

Whether this overwhelming disaster.

What is the work promises to become and heavy a garment is much more and heavy a garment is much more youthful looking if made in a decided color than in a neutral tweed. Even heliotropes may be bought with safety, because I am assured that, being dyed in the yarn and not in the piece, the color will not be specified complexion. Moreover, so large and heavy a garment is much more youthful looking if made in a decided color than in a neutral tweed. Even heliotropes may be bought with safety, because I am assured that, being dyed in the yarn and not in the piece, the color will not be specified complexion. Moreover, so large and heavy a garment is much more youthful looking if made in a decided color than in a neutral tweed. Even heliotropes may be bought with safety, because I am assured that, being dyed in the yarn and not in the piece, the color will not be specified complexion. Moreover, so large and heavy a garment is much more youthful looking if made in a decided color than in a neutral tweed. Even heliotropes may be bought with safety, because I am assured that, being dyed in the yarn and not in the piece, the color will not be specified complexion. Moreover, so large and heavy a garment is much more detailed to be a popular craze. This summer many youthful looking if made in a decided color than in a neutral tweed. Even heliotropes may be bought with safety, because I am assured that, being dyed in the year and not in the piece, the color will not be specified complexion. almost a safeguard against consumption if taken in time. People with weak lungs should stand erect in a well-ventilated room, place the hands on the hips, and take long, deep, slow breaths, varying the rhythm, and at times taking short, jerky breaths for variety. The breath for the part of the same power to say "Gone?" Or shall we permit the great and not in the piece, the color will not be snatched out by the sun. Such a variety of beautiful shades of this color are within reach, from the faint tone of faded heather to the deep color of the violet and bright tint of the wallpaper. Other young women of the violet and brown are also below the wallenger. Other young women of the furs which Lunderstand to weaving with the idea of teaching it in bid ourselves in before it is too late and One of the furs which I understand to weaving with the idea of teaching it in on the framework that remains recon- be of first importance in our estimation charitable institutions for the benefit of struct a magnificent, beautiful, breathing, laughing, and loving human thing counterpart, seal musquash. Indeed, On the Bittmo since it is now as natural to us that our furs should be dyed as the fabrics for weaving white and blue and white counour gowns, we find that rich seal brown terpanes. These are exact copies of those will be the most popular tones for a va- woven by their great-grandmothers, and riety of other kinds of peltry. Personally, are said to find ready sale among the "One of the curious facts connected I much prefer the clipped musquash visitors who flock to Asheville, and its with the practice of the cold bath in the treated in this fashion by the skillful dyer vicinity. to the same fur in its normal condition and coloring, though its popularity in its

HAND LOOM WORK SUPPLANTS BRIDGE

Mrs. George Vanderbilt started a few

On the Biltmore estate most of the women have turned their attention to

TO SAVE LAUNDRY.

From the Boston Herald.

For the woman of limited means who and family the laundry in summer will One woman's personal experience has

found the seersuckers and cotton crepes

A cotton crepe waist may be a very ing to a certain type of face and color- elaborate affair, made of imported goods, ornamented with hand embroidery and For linings one of the latest additions Irish lace. As so many women embroider to our possible selection is the coat of the young reindeer, called by the quaint name the cost of a waist in their case would the cost of a waist in their case would color, and is used much in Germany for the outside of coats. It tones perfectly well-being washing only is necessary.

make work dresses, underskirts, and aprons. Rompers for children may be made of

this same serviceable material. Crepon also makes excellent neglige shirts. There is a strong prejudice against unironed clothes, which, if overcome, would

lighten the housekeeper's burden. Stockings and knit underwear do not need ironing. Taken from the line, they have a fresh, wholesome country scent, which is wholly lost after the clothes are ironed. With the larger pieces of a washing sent to a laundry as "flat work." stockings and underwear worn unironed and seersucker and crepon used for dresses and shirt waists a housekeeper would see a visible reduction of expense and a saving of health and strength.

HARM OF TIGHT STOCKINGS.

From the Philadelphia Bulletin Are your stockings long enough for

your feet? A seller of shoes remarked not long ago that the short stocking was productive of as much discomfort and foot mischief generally as the tight shoe. And a great many women do buy their

stockings too short. The result of this is to "draw" the feet, to make the tips of the toes tender and sore, and generally to increase one's disposition to fatigue.
Stockings should be at least half an inch longer than the feet.

To keep them from rumpling up and

forming irritating creases, make a small cross-wire plait under the arch of the When the foot is thrust into the shoe the pressure draws this plait out to a

sufficient extent to make the stocking quite easy. New Paris hats are all large and show

It is predicted that the pannler will have a prominent place in evening gowns this fall The Russian Cossack and the military effects bid fair to have a strong vogue in last for some time. Hats persist in their biggest shapes, sidered more fashionable than the more for herself,"

and most of the new models turn rakish- definite and vivid hues. stickpins are ablaze with amethysta | cessfully done at home,

clent inducement for every one to follow that course. But there is another less selfish reason; that is, the influence that our conduct has on other lives. There are very few of our wrongdoings the effects of which are not in some way felt by our fellow-beings. It is difficult to name even a petty wrong which does not cause some one a financial loss, physical pain, or, worst of all, mental anguish and heartache. The latter is generally in-flicted upon those who are dearest to us and for whom we feel the deepest affection. This should be an incentive for us to refrain from wrong; but we should not stop there, for by exerting ourselves a little to do good, we not only reap the reward of satisfaction and happiness our-

THE OPTIMIST COLUMN.

"The Benefits of Right Living." ed by members of The Washington Herald Optimist Club. GIVING IS LIVING.

Yet whilst thou live, live right; Fret not when others show the cloven hoof; Pursue thy course And hold from them aloof;

Change not thy way, Nor firm resolves betray; Lend deaf ear to their curse, And live to give.

And succor when thou canst, And good advice or none Upon solicitation only in sincerity; In all abhor publicity;

Do no one wrong; Be ever glad and never indiscreet, Nor court dishonor by deceit, And live to give.

The greatest sctisfaction that can be

experienced comes to him who knows that

he is to the very best of his ability living

up to his ideas of a good and useful life.

C. A. BREWTON.

Give aid alway.

selves, but we make the whole world just a little better thereby. Therefore, in the words of the poet: Words of the poet:
So live, that when thy summens comes to join
The innumerable caravan which moves
To that mysterious resim where each shall take
His chamber in the silent halls of death.
Thou go not, like the quarry-slave at night,
Scourged to his dungeon, but sustained and soothed
By an unfaltering trust, approach thy grave
Like one who wraps the drapery of his couch
About him, and lies down to pleasant dreams.

KATHRYN E. PHELPS.

1601 Fifteenth street northwest.

1601 Fifteenth street northw We not only benefit ourselves by living right, but others. If we only knew how often unconsciously our lives influence those around us, we would act differently. How often we hear people say, "If it had not been for my mother's gentle influence, I would not be what I am to-day." It was Jesus' pure life that drew the disciples to Him. Let us then try to live clean, pure lives, and thus benefit not only our-

selves, but those around us.

Mrs. F. L. BARRINGER. Godliness is profitable unto all things aving promise of the life that now is

nd of that which is to come. of that which is to come.

The one who lives a life of love,
The Golden Rule doth keep.
Shall have a home with Christ above,
Where tears we ne'er shall weep.
A life of rightcounsess and truth
Is the right life to live;
Living it now as from thy youth,
Best boon on earth to give.
The life of Christ as known by man,
Who went bout doing good;
Live right like Him as you can.

who went boot doing good; Live right like Him as you can, To live the life we should. A moral life, a holy life. Receives a blessing here; A life of peace and void of strife, And keeps our conscience clea A life that's void of wickedness

A me that s void of wickedness
Helps family, neighbors, friends;
Thyself is blest by righteousness,
And will be to the end.
To keep thy passions in due bounds,
And square with all mankind, And circumscribe them all around, The benefits you'll find. Pope says:

modes of faith let graceless zealots fight: He can't be wrong whose life is in the

LATEST FASHIONS.



LADTES' SACK APRON. Paris Pattern No. 1624 All Seams Allowed.

Striped gingham or percale has been used for this serviceable garment, which is equally adaptable to gingham. chambray, linen, duck or denim. It may be developed with high neck and turndown collar, or with Dutch, round or square neck. The full sleeves are gathered into narrow cuffs of the material. Two square pockets ornament the front. The pattern is in 4 sizes-33, 36. 40 and 44 inches, bust measure. For 33 bust the apron requires 7% yards of material 27 inches wide, or 51/2 yards 35 nches wide: 11/4 yards of edging.

Washington Herald Pattern Coupon. Address..... Size desired

Fill out the numbered coupon and cut out pattern, and inclose, with 10 cents in stamps or coin, addressed to Pattern Department, The Washington Herald, Washington, D. C.

Dresses of all-over embroidery and lace have made quite a hit, and are likely to

THE BUSY CORNER

Remarkable prices quoted on

Standard Sewing machines

Some bright and new-just from the factory. Others with slightly marred cases. Mechanical parts of all machines are new and perfect.



See these machines to-day.

with each machine. Free instruction at your home. **VERY EASY TERMS**

chines to be had at any price. A complete set of attachments

Ten year guarantee

with each machine.

All machines are full ball bearing, and the easiest running ma-

Some of the very unusual bargains offered are listed below. A variety of models are included: \$30 Drop-Head Machines. \$15.50 \$35 Drop-Head Machines.\$17.50 \$40 Drop-Head Machines. \$19.75

-\$1.00 a week.

\$40 Drop-Head Machines (new)\$22.50 \$45 Drop-Head Machines (new)\$24.50

Just a few of the STANDARD Rotary Grand models, with self-acting drop heads; kinds heretofore to be had only at \$65.

> \$33.50 \$35.00

WOMAN PROVIDES

TRAIN LUNCHES

From the Boston Herald. A Southern woman, thrown suddenly minute stop in her town about mealtime. the helper of ex-prisoners.

to quote the author of the venture herin the trade of shirtmaking. self, "with a note giving an address The number of her charg sale. Though I never saw that man, I cided to allow her 500 francs yearly.

ing me out in that way? "He must have seen that I was doing the best I could with trays-bleached cotton for covering my food. Realizing that then I have been sending each article of food wrapped in paper and a pile wifery, and gardening. of napkins for the purchasers. Of course, living out of the world as we do we "Now—and it is eight years since I began—I employ two women to help me cook and three girls to take the trays to the cars. I get girls because I find them easier to manage than boys. They are also neater and more painstaking in her descent with ease and dexterity. Mrs. Asher Richardson, of Ashertown, through the trains, but stand on the

satisfaction of knowing that he earned the money that is paying his way. My other four children are all girls and all help me when they are not at school. "While my experience has shown me the Woman's League of Justice in San the necessity of training every girl so Francisco, has announced that she will that she will have a means of earning take an active part in the State election her living if thrown on her own re-

some regular training. My being able to next political campaign, cook was about the best accomplishment that I could have had in my circum "In preparing the lunches my first From the Boston He ald.

object is to have the tray and all that hard to cater acceptably.

"Yes; I often serve hot food. Indeed, you begin to feel lame. my effort is always to have special

200 yards away from the station, it is erect position by bringing the heels to-not so difficult under ordinary conditions, gether, throwing the hips slightly back but when it rains or is cold for our part and the chest out, drawing the chin in of the world it is not so easy.

little nosegays on the corner of each tray arm positions, keep the arm on the level I hold myself responsible. with the shoulder and palms down.

flowers from my garden and in the win-ter of a sprig of autumn leaves or a bunch of gerantums from my flower pit.

Fifth—Swing your arms over your head, grasping the head of the bed or other convenient prop with the fingers pointmaids who offered them to the travelers. in a deep, slow breath.

"It appears to me that my work is Sixth-Retaining your left hand in the one at which other women might make same position, but letting your right hang money. They, of course, must be sit- limply at your side, inhale.

uated so that their lunches will be timely and not too near a city or town where down. food can be bought conveniently. Their next care must be good cooking and position, draw in a long, deep breath, absolute cleanliness in the manner of bending the trunk slowly backward at serving it. As to selecting popular arti-cles of diet, my experience teaches that through the mouth as you resume the A subtle suggestion of color is con- that is a problem each person must solve erect attitude

WHAT WOMEN ARE DOING IN THE WORLD

Mother Ernestine has received a prize on her own resources, with no other of 15,000 francs given for acts of devotion equipment than a knowledge of cookery, by the French Academy of Moral Scihas found a way to earn \$3 a day. She ence. She occupies in France about the saw the need, and filled it, of good, quick same position as is held in America by lunches for the travelers who had a five- Mrs. Ballington Booth. She is known as

With the aid of her eight-year-old son, she began it, doing the cooking, while he peddled the viands. Brolled chicken and bot heaten blecult such as you never by after she entered the Order of the hot beaten biscult—such as you never Sacred Heart she began her labors in get but down South—she began with, the prison for women at Rouen. After a progressing to sandwiches, cake, pie, and tarts, and the fruits of the season.

"Once a traveler dropped a package after they left prison. This led her to of paper napkins in my little boy's tray," rent a small room and to take two of

where they could be bought by whole- rapidly that the police authorities deam sure he was both a good son and a few years more and it was decided to good husband. Who but a good, considerate man would have thought of helpof a refuge with Mother Ernestine at the

Here for a number of years she had knew nothing of paper mapkins, he ook that way of helping me out. Since

Miss Gertrude Bacon, of London, and Miss Spencer, of Highgate, are said to have to depend on people who travel for information about such little inventions.

outside and serve the people through the eral superintendent of the Ashertown and Gulf Railroad. Thirty-two miles of the "My son is now in college and has the road have been completed, and it is now being extended sixty miles more. Mrs. Richardson has charge of the employment and work of a large body of men.

Mrs. Elizabeth Gerberding, president of sources, I am not a bit sure that I would of more than 2,000 women, and all of have been able to make more money or them are said to be as determined as do better by my children had I had their president to have their say in the

FIGURE BUILDING.

The new jersey topped dresses and goes on it spotlessly clean. The next others of the flounced princess persuapoint is to have each article cooked as deliciously as I know how to do it. It took me some time to hit on the best fection in your figure, and it is the wise sellers, but since I caught on to the woman who starts in right now to cultipublic taste I haven't found it so very vate curves. Not but what a few of us are too plump rather than the reverse. "No; I can't say that I find the lowest-priced articles to sell better than others." Fried chicken and home-made cakes and brings the flesh to the natural-hence ples of various sorts. Coffee is much beautiful form. Several days ago the more popular about mealtime than tea, department promised a set of chest de-and tea more popular in the afternoon veloping and reducing exercises, and here than the mornings. I did try other they are. For the woman of average drinks, but found little demand for either strength the prescription is ten times each night and morning. But stop when

First-Attired in a loose negligee, with things hot. As my home is only about heelless slippers, bring yourself to an of the world it is not so easy.

"You mustn't think that I have had Raise the arms straight above your head, what the boys call a walkover to suc- as you count one, stretching them on cess. It has been work all the time, and counting two. Inhale deeply on the secion count. In the standard is not easy of Second—Swing the arms straight cown

Ittelf, and that of others is even harder at the sides, as you expel your breath, to manage. There is not a detail that I stretching them downward as you inhale. do not either do myself or inspect be-fore a tray leaves my house. From the the sides, exhaling, and stretch them as dressing of the maids to putting the you inhale. In this, as in all other raised

"The nosegays? Oh, I put them there because it gives a bit of color to the as high a level as possible, exhaling tray and adds to the fresh and dainty deeply while you get them in position, appearance of it. They are made of the inhaling when you stretch them.

I have been told that my success was ing downward and the thumbs on the largely due to the daintiness of my trays outer sides of your hands. With the and the general attractiveness of the chest wall thus held widely open, draw

Seventh-Repeat, with the left arm

Ninth-Raising the arms straight above

nd most of the new models turn rakishdefinite and vivid hues.

y at one side.

Belt buckles, necklaces, hatpins, and not difficult to dye, and it may be success build are being trimmed to simulate right, inhaling at the same time.

Tenth—Repeat, with a twist to the left, A good many summer gowns of prin- gether, twist the trunk around to the

just finish this story."

MORNING CHIT-CHAT.

straw that breaks the camel's back.

"Just this time," most of us are forever saying. "Yes, I know it's bad to work in the dark but I'll

"Yes, I know I ought not to eat rarebit, but I want to eat a little just this time." It's the sum of "Just this time" that makes up the burden that gets the camel's back ready for breaking. And it's the last "Just this time" that is the

If you don't want to break the camel's back, do the right thing, not next time, but NOW. Don't have any "Just this time." Are you a good loser?

If you aren't, I don't want to play cards with you, and neither probably do your friends. I played with a woman the other day who took her losses so much to heart that she fairly spoiled the game. Every time that she failed to win she either took her partner to task or complained bitterly of the run of the cards.

Being a poor loser, I am ashamed to say, is more frequently a feminine than a masculine trait. To be sure, I do not like any better than the poor loser the opponent who doesn't care enough whether he wins or loses to make the game worth playing. But the kind of opponent I love is the one who plays with all his heart while he plays and then says at the end of the game

when the score had been added up and he finds he has lost-"The best man won." Are you that kind-not only at the card table but also in life?

"Do it now," is a little sign that hangs in many thousand offices. A wise business man whom I know, when he found that one of his clerks had hung it over his desk, amended-

"Unless you have something more important to do first." I also want to suggest an amendment: "Unless you would do better work to put it off until later." Procrastination is sometimes a duty. Did you ever say, "I will finish this bit of embroidery, this piece of sewing to-night," and then work on it when you were far too tired to do good work, simply because you did so want to get it done?

Work done under such conditions is not only apt to be poor work, but it takes a disproportionate amount out of you. It sometimes takes as much courage to give up a duty as a pleasure. But it's courage that pays.